

## **WEIGHT LIFTING RULES**

1. The competition shall be conducted under the International Weightlifting Federation Rules as adopted from time to time by the Weightlifting Federation of India, unless otherwise modified.
2. Table 1, shows the different weight categories that competitions will be held in. The points of each event for Weightlifting Championship are also indicated in Table-1.
3. Each college shall be allowed to enter maximum two competitors for each weight category. The competition for a weight category will be held even if there is only one competitor.
4. Each college should submit a complete team list (2 participants) of participants, with the weight category, in which, they will be participating before the weighing in on the first day, irrespective of whether the competition for that weight category is being held on that day or not.
5. According to new IWF rules the rule for deciding winner in a tie for total weight lifted by two athletes, the “winner by less body weight rule” has been abolished.
6. NOW, In case of tie for total weight lifted by two athletes, the athlete who successfully passed the final lift in a attempt earlier to the other athlete will be considered winner for the tie.
7. In case of tie for Weightlifting Championship, the team winning maximum number of gold medals will be awarded the Championship. If tie still persists, the team winning maximum number of silvers will be awarded the championship and so on.
8. The progression after every successful attempt for the same weightlifter must be minimum of 1 Kg.
9. Certificate shall be awarded to the first three places in all weightlifting categories.
10. The competitors should wear only ‘position slips’ and no oil or grease should be applied to the body at any stage.

Table-1

	<b>Individual Points</b>			
<b>Category</b>	I	II	III	IV
Up to 56 Kg	5	3	2	1
Up to 62 Kg	5	3	2	1
Up to 69 Kg	5	3	2	1
Up to 77 Kg	5	3	2	1
Above 77 Kg	5	3	2	1